

What is claimed is:

1. A safety stirrup including:
  - a generally U-shaped mounting member, and
  - a foot support member for receiving a rider's foot, such that when the rider's foot is in the normal use position, the foot support member is restrained by one or more mountings,
  - wherein vertically upward movement of the rider's foot out of the normal use position causes the one or more mountings to release the foot support member sufficiently that the foot support member can move in the same direction as the rider's foot until the foot support member is fully disconnected from the U-shaped mounting member.
2. A safety stirrup according to claim 1 including:
  - a generally U-shaped mounting member, and
  - a foot support member for receiving a rider's foot, such that when the rider's foot is in the normal use position, the foot support member is restrained by one or more mountings having one or more projections,
  - wherein, during normal use, the one or more projections are located in one or more recesses adjacent the ends of the U-shaped mounting member but vertically upward movement of the rider's foot out of the normal use position causes the one or more mountings to release the foot support member sufficiently that the foot support member can move in the same direction as the rider's foot until the foot support member is fully disconnected from the U-shaped mounting member, the one or more projections moving in their respective recess(es) and rotating in the same direction as the rider's foot prior to the foot support member being fully disconnected from the U-shaped mounting member.
3. A safety stirrup according to Claim 2 wherein one or more of the mountings comprises one or more additional projections which, when the stirrup is in the normal use position, is received in a complementary shaped recess.
4. A safety stirrup according to claim 2 wherein the one or more projections are located on the foot support and are received in one or more recesses in the U-shaped

mounting member.

5. A safety stirrup according to Claim 2 wherein the one or more projections are located on the U-shaped mounting member and are received in one or more recesses in the foot support.

6. A safety stirrup according to Claim 2 wherein one additional projection is located on one side of the foot support member, and another additional projection is located on an opposing side of the foot support member, each additional projection being received in a complementary shaped recess in the U-shaped mounting member.

7. A safety stirrup according to Claim 2 wherein one additional projection is located on one arm of the U-shaped mounting member, and another additional projection is located on the other arm of the U-shaped mounting member, each additional projection being received in a complementary shaped recess on the foot support member.

8. A safety stirrup according to Claim 2, wherein at least one of the complementary shaped recesses includes an indentation in which the additional projection resides during normal use, but vertical movement of the rider's foot out of the normal use position causes the additional projection to move out of the indentation, releasing the foot support sufficiently that the additional projection can move along a guide and the foot support member can move in the same direction as the rider's foot prior to the foot support being fully disconnected from the U-shaped mounting member.

9. A safety stirrup according to Claim 2 which further includes a biasing means to resist movement of the projections in their respective recesses.

10. A safety stirrup according to Claim 1 which is constructed of non-metallic material.